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A STUDY OF INFLUENCE OF MENTAL HEALTH ON RESILIENCE AND HAPPINESS

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ABSTRACT

The objective of the present scholarly work was to test the relationship between mental health, resilience, and happiness among the high school students. The study was conducted in a private school student from Tanzania. The sampling was based on random sampling technique. The design of the study is survey based cross-sectional research design. The correlation results show that mental health, happiness, and resilience are positively associated. The findings lead to the conclusion that if an individual possess sound mental health, so his/her resilience will be improved and he/she will be in better position to adjust in different situations.

Keywords: Mental Health, Resilience, Happiness, Tanzania

INTRODUCTION

Mental health is a global problem these days as every year, hundreds of thousands of people suffer mental health and related problems. The idea of mental health is socially characterized and is based on delight throughout everyday life, satisfaction of objectives and potential, and capacity to adjust for different pity and stresses, and feeling of association with others (Jenkins, 2007). Similarly, mental health is associated with emotional wellness which refers to the capacity to alter palatably to the different strains of the earth; we meet throughout everyday life and mental cleanliness as the methods we take to guarantee this alteration. Key characteristics of mental health includes substance, amicability, and mental harmony. In other words, mental health is a record which demonstrates the extent to which a person has the capacity to satisfy his/her natural needs such as physical, enthusiastic and social and the extent of rationally stressed.

This psychological strain is commonly reflected in manifestations like nervousness, pressure, fretfulness or sadness among others. The idea of versatility has been characterized hypothetically as a dynamic procedure, which includes association among hazard and defensive factors that are both interior and outer to the person. Strength is the capacity of people to effectively work in spite of huge life misfortunes. For mental health, resilience is important contributor (Davydov et al. 2010; WHO 2005), and is based on positive results not withstanding having encountered circumstances and misfortune appeared to convey huge dangers for creating psychopathology (Blum and Blum 2009; Luthar, Cicchetti and Becker 2000; Masten 2001; Masten, Herbers and Reed 2009; Masten and Obradović 2006; Rutter 2000). Sound advancement and qualities are underlined rather than ailment and negative results (Fergus and Zimmerman 2005; Tusaie and Dyer 2004). Happiness is that believing that comes over you when you realize life is great and you can't resist the urge to grin. It is opposite of trouble. Happiness is a feeling of satisfaction, euphoria and prosperity. At the point when individuals are effective, or safe, or fortunate, they feel bliss. The "quest for joy" is something this nation depends on, and diverse individuals feel satisfaction for various reasons. At whatever point accomplishing something causes satisfaction, individuals ordinarily need to accomplish a greater amount of it. Nobody at any point griped about inclination a lot of bliss.

Happiness can be understood by output of life and impact on positive emotional wellness (Fordyce 1988; Park 2004; Seligman 2008; Sheldon and Lyubomirsky 2005). Inside and out, satisfaction remains an imperative region for research and wellbeing advancement methodologies among teenagers (Mahon and Yarcheski 2002; Seligman and Csikszentmihalyi 2000) for a few reasons. To begin with, satisfaction is something that every individual need in its own right (Seligman 2008). Second, bliss has an immediate incentive for teenagers' wellbeing, just as it can have a few positive advantages sometime down the road (Diener 2006; Diener and Chan 2011; Lyubomirsky, Diener and King 2005; Seligman 2008).

Third, bliss may likewise ensure against negative psychological well-being (Park 2004; Seligman 2008). In this way, joy merits advancing, not just on account of its incentive to a youthful life in general, yet in addition in light of the fact that a person's emotional prosperity can have constructive advantages both later in his or her life and for society overall (Diener 2006; Lyubomirsky, Diener and King 2005). In present study, we focus on three factors and their correlation.

Objectives of the study

- To test the association between mental health and resilience of high school students.
- To test the association between mental health and happiness of high school students.
- To test the association between resilience and happiness of high school students.

LITERATURE REVIEW

A study was conducted about effects of cognitive toughness and coping mechanism for general health and psychological performance (Beasley, et al., 2003). In this study, the sample consisted of 187 university students (81 males & 106 females) who completed Life Experiences Survey, Stressful Life Events Screening Questionnaire, Coping Inventory for Stressful Situations,

Cognitive Hardiness Scale, General Health Questionnaire and Symptom Checklist-90-Revised. The results showed that there are no differences on the basis of gender in terms of mean score with the exception of distraction oriented and diversion-oriented coping, where female compared to score higher than males on both subscales. The results life stress and psychological health has some significant relationship.

Singh (2016) conducted a study about well-being of adolescents in relation to self-resilience and religiosity, (2016) in Indian context. The study sample was based on 200 students out of which half were male and the other half were female. Data collection was based on General Well Being Scale, Self-Resilience Scale and Religiosity and Spirituality Scale. The results showed that there is positive significant relationship between well-being and self-resilience among adolescents. The study also found positive significant correlation between well-being and religiosity among adolescents.

Jones et al. (2003) investigated a study about cognitive and psychosocial predictors of subjective well-being in urban older adults. The results stated that subjective wellbeing which was manifested by two dimensions including affective balance and life satisfaction. Among the older adults, subjective well-being was characterized by two dimensions: a global wellbeing dimension that was predominated by life satisfaction, and an affective dimension that was independent of life satisfaction. These studies are similar to previous studies which finds similar structure of cognitive and affective dimensions of subjective well-being in other populations (Andrews and Withey, 1976; Diener and Emmons, 1985; Lucas et al., 1996). Moreover, the results are matched with Pavot and Diener (1993), who found that positive and negative affect made independent contributions to wellbeing.

Lower, (2014) conducted a study about relationships between several constructs related to positive psychology, including resilience and happiness. Previous research showed a positive aspect including happiness and resilience in relation to negative life events. The present study assessed 299 undergraduate college students' gender, age, spirituality, socio-economic status, resilience, social support, happiness, and optimism through an online questionnaire. The study had several important findings including a positive correlation between happiness and resilience. The study found happiness and spirituality to be the best predictors of resilience. Adverse childhood experiences were found to be positively correlated with both happiness and resilience. Resilience may have a directly influence on health outcomes (Aldwin 2007; Fergus & Zimmerman 2005; Pinquart 2009), which suggests that resilience has a direct impact on adolescent well-being and happiness (Fergus & Zimmerman 2005; Masten & Powell 2003; Scoloveno 2013). A possible explanation for this may be that the protective factors of resilience have also been found to be important factors for individual's happiness. For example, family, social, and personal factors have been reported to positively influence happiness, as well as act as protective factors that are related to higher levels of resilience.

RESEARCH METHODOLOGY

The design of the study is survey research design. The focus of the study is high school students. The sampling is based on random sampling technique belongs to a private school in Tanzania.

Data Collection Method

The Mental Health Checklist was measured by 11 items which tested the mental and somatic health adapted from Wagnild & Young (1993). The Resilience scale is adapted from Wagnild and Young (1993) consisted of 25 items and contained items related to existential aloneness, meaningfulness, self-resilience, perseverance, and equanimity. The subjective happiness scale is adapted from Lyubomirsky and Lepper (1999) consisted of 4 items.

RESULTS

Results are as follows

Table 1
Correlation Analysis

		1	2	3
Mental Health	Pearson Correlation	1	.486**	.478**
	Sig. (2-tailed)		.000	.000
	N	250	250	250
Resilience	Pearson Correlation	.486**	1	.778**
	Sig. (2-tailed)	.000		.000
	N	250	250	250
Happiness	Pearson Correlation	.478**	.778**	1
	Sig. (2-tailed)	.000	.000	
	N	250	250	250

Correlation analysis shows strong positive association between mental health and resilience with r value of .486 and significance of 0.000. Similarly, there is positive association between mental health and happiness with r value of .478 and significance of 0.000. There is also positive and significant correlation between resilience and happiness with r value of .778 and significance of 0.000. Overall, results show that the relationship between these constructs are positive and significant.

Discussion

The study finding shows that mental health, happiness, and resilience are positively associated. These results are matching with previous studies. For example, Singh (2016) conducted one similar study and reported positive correlation between self-resilience and well-being among adolescents. Another study by Aldwin (2007) also showed similar results. Study by Pinquart (2009) showed that there is correlation between happiness and adolescent wellbeing. Other studies also found similar results including Scoloveno (2013); Masten & Powell (2003); and Fergus and Zimmerman (2005). The explanation of these results are that protective factors of resilience have reported to be important contributors of individual's happiness. For example, personal, social, and family factors have been reported to positively influencing happiness (Baumeister et al. 2003; Chaplin 2009; Cheng & Furnham 2002; Csikszentmihalyi & Hunter 2003; Demir, Ozdemir & Weitecamp 2007; Demir & Weitekamp 2007; Diener & Seligman 2002; Holder & Coleman 2008; van de Wetering et al. 2010), as well as act as protective factors that are related to higher levels of resilience (Hjemdal 2009; Hjemdal et al. 2006a; Olsson et al. 2003). Overall, our results are matching with previous studies and previous theories.

CONCLUSION

The study concludes that all three aspects including mental health, happiness, and resilience are positively and significantly associated. In other words, we can conclude that if an individual possesses sound mental health, so his/her resilience will be better and he/she will be in better position to adjust in varying environments and situations. Mental health is also associated with satisfaction and happiness. So, it can be concluded that these are related with each other and if one will increase then others will increase as well.

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